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RUSSELL WILSON, SEAHAWKS EARN FIRST LOMBARDI TROPHY. PAGE 31

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Chuck says more cold is on the way

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Ring in the Year of the Horse

PAGE 06



How to turn that frown upside-down

PAGE 25

A tragic end

1967-2014. Philip Seymour Hoffman, the Academy Award-winning actor from "Capote," and star of "Boogie Nights" and "Doubt," was found dead in his West Village apartment yesterday. **A lasting legacy.** Metro's film critic explains what made Hoffman the kind of actor you want to see in everything. PAGE 19

Members of the NYPD load the body of the actor Philip Seymour Hoffman into the back of an ambulance. / MILES DIXON, METRO



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NEWS

Today's tweet

"Saddened by Philip Seymour Hoffman's tragic and untimely passing. Today New York mourns the loss of one of stage and screen's greats."

@BillDeBlasio

To our readers

If you like us, we'll love you for it

Metro wants to be your Valentine. We're sweetening the deal by giving away a free \$50 Visa gift card to one lucky reader. Just like Metro New York on Facebook and enter our contest before Feb. 14 for a chance to win.



Staten Island Chuck slipped out of Mayor Bill de Blasio's hands after the groundhog made his prediction of more winter. / BESS ADLER, METRO

Staten Island Chuck predicts longer winter

Prognosticator.

The groundhog skedaddled when he saw his shadow, meaning six more weeks of cold weather.

Charles G. Hogg, an 8.5-pound weatherman from Staten Island, says six more weeks of winter are coming — and odds are he's right.

Staten Island Chuck, as his fans call him, has been making weather predictions since 1981, forecasting with 82 percent accuracy.

"It's a cold, hard reality," Mayor Bill de Blasio

Fun facts

Staten Island Chuck has been predicting the weather since 1981.

- As of 2013, he has been accurate in predicting the weather 26 out of 32 years.
- In 2009, he bit former Mayor Michael Bloom-

berg, who then called him "son of a bitch" in 2011.

- A Staten Island school helps determine Chuck's accuracy.
- Groundhog Day began as a Pennsylvania German tradition in the 18th century.

announced after Chuck saw his shadow during the Groundhog Day celebration at the Staten Island Zoo.

According to tradition, if groundhogs like Chuck wake during the winter, they will return to hibernation upon seeing their shadow, anticipating a

longer winter.

But after Chuck emerged from his small wood hut, he was placed into de Blasio's hands, which were covered by huge yellow work gloves.

The mayor lost control after a few moments and Chuck flung himself forward.

He dropped into the pen, narrowly escaping a hit against a tiny fence.

"He was a little bit nervous," said zookeeper Kristin Campbell, who held Chuck for the rest of the event. "As much as we work with him, it's very hard to prepare for an event like this, so it's a little overwhelming."

She thinks the mayor had trouble holding Chuck because of the gloves, which became a Groundhog Day staple after he bit former Mayor Michael Bloomberg in 2009.

"He's pretty calm most of the time," Campbell said of the groundhog. "But he gets a little feisty."

Other than his first interaction with the new mayor, Chuck remained nonplussed in Camp-

bell's arms. He sometimes munched on a carrot and corn, but mostly ignored the adoring crowd after years of practice.

While most groundhogs live up to age 8, Marc Valitutto, general curator and vet at the zoo, insisted Chuck was in his 30s.

In reality, this particular groundhog has been in the game for about three years and is related to the other Chucks, said Brian Morris, vice president of marketing and communications at the zoo.

But that doesn't take away the magic of his predictions.

"Chuck is a little like Santa Claus," Morris said.

ANNA SANDERS
anna.sanders@metro.us

Fatal shooting. Bronx man is gunned down in housing project

A man was shot in a Bronx public housing project Friday night, police said.

Officers found Darin Capehart, 25, with multiple gunshot wounds in a building within the Forest Houses around 9:15 p.m.

A 27-year-old man, who was not otherwise

identified, was also shot several times. He was hit in the legs and back and taken to Lincoln Hospital in stable condition.

Capehart was rushed to the same hospital and pronounced dead.

No arrests have been made, and police said the investigation is ongoing.

ANNA SANDERS

In Queens

Car rams into bus stop, injuring five

Five people were injured in a hit-and-run when a car crashed into a bus stop in Woodside, Queens, Saturday night.

A white sedan sent pedestrians scattering when it ran into a kiosk around 7:30 p.m., cops said. The driver sped off. **EMILY JOHNSON**

Investigation. Cops examine letter sent to Mayor Bill de Blasio

A threatening letter was sent to Mayor Bill de Blasio Friday.

Police are investigating the letter, which was received at City Hall.

The letter did not contain suspicious substances.

The letter contained a nondescript threat and seemed to be a "rant against the city," cops said.

Authorities said a threatening letter containing powder was found at former Mayor Rudy Giuliani's office on Friday. A handful of hotels near MetLife stadium also received letters.

It was not believed the letters were connected to the one sent to de Blasio.

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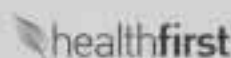
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Schools

City to cut \$210 million from charter schools, put toward prekindergarten

The city plans to cut \$210 million in charter school funding and redirect it toward Mayor Bill de Blasio's signature universal prekindergarten initia-



Charter school student / GETTY IMAGES

tive, Schools Chancellor Carmen Farina said on Friday.

The money will add 2,100 more pre-K seats to the program de Blasio hopes to fund with tax hikes on the wealthy.

"These revisions will help us create high-quality, full-day prekindergarten seats citywide that will deliver strong instruction," Farina said.

"The changes also will add seats to reduce class size among all grade levels — a long-standing and high-priority issue for communities throughout the city."

The Department of Education's \$12.8 billion "Five Year Plan" is set for a vote in mid-March. De Blasio's mayoral platform de-emphasized charter schools. **EMILY JOHNSON**



Many of the summons have been issued on the Upper West Side. / GETTY IMAGES

Pedestrian deaths spur jaywalking crackdown

Traffic. The NYPD is issuing tickets to people who aren't waiting for the walk signal.

many of them in the Upper West Side neighborhood where the little boy was killed. One of those summonses took an ugly turn last month when an 84-year-old man sustained a head injury while resisting arrest.

There is no NYPD-wide policy to crack down on jaywalking, Mayor Bill de Blasio told reporters last month, telling Politicker it was a "way of life," but that local precincts could make it a priority as they saw fit.

"We have to educate people to the dangers," de Blasio said. "There's a lot more vehicles in this town than there used to be."

The mayor also last month announced the Vision Zero initiative, aimed at eliminating pedestrian and other traffic fatalities.

EMILY JOHNSON
letters@metro.us

Perhaps no law in New York City is flouted as consistently as the one banning jaywalking, but the days of crossing without consequences may be numbered.

In light of a high number of pedestrian deaths in recent months — more than a dozen in January alone, including that of a 9-year-old boy — police officers have begun issuing summonses to perpetually in-a-hurry New Yorkers who don't wait for the walk signal.

In the first few weeks of the year, police issued more than 65 jaywalking summonses, AP reported,

Deadly streets

There were more than a dozen pedestrian deaths throughout the city in January.

- More than 65 jaywalking summonses were issued in the first few weeks of

the year.

- While the number of jaywalking summonses was up, the city said that there was no official citywide crack down on jaywalking.



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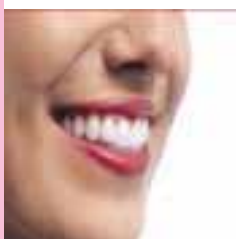


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Chinatown horses around with the Lunar New Year

Chinatown marked the start of the Lunar New Year and the kick-off of the Year of the Horse with a parade and festival on Sunday. The parade started in Little Italy and wound its way through the streets of Chinatown.

MILES DIXON, METRO



Suspect robs man, then robs him again

A shameless robber stole a man's wallet earlier this month, then called him the next day and forced him to deposit checks into his bank account, according to

police. The ordeal started about 7 p.m. on Jan. 14, when the armed robber approached the 30-year-old victim while he was walking along 188th Street in the Bronx,

police said. The suspect demanded the victim's money, debit card and personal information.

The victim complied, and the suspect fled.

The next day, the suspect called the victim and demanded to see him. Fearing for his life, the victim complied, police said.

After the two met, they drove together to New Jersey, where the suspect forced the victim to deposit forged checks into his bank account.

The suspect then

On the lookout

Anyone with information about this robbery is asked to call the NYPD's Crime Stoppers Hotline at 800-577-TIPS.

drove to another bank and withdrew the money.

He released the victim unharmed.

Police describe the suspect as a black male, 5-foot-9 and weighing 135 pounds. **LAURA SHIN**

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No A C trains between Jay St-MetroTech and Utica Av.

* Second weekend includes the Presidents' Day Holiday and runs until 5 AM Tuesday, February 18, 2014.

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2014 Metropolitan Transportation Authority

White House: Obama awaits more Keystone reviews; timing unclear

Report. It concluded the pipeline's impact on climate change would not be significant.

President Barack Obama still wants to hear from other federal agencies before deciding whether to accept the State Department's finding that the Keystone XL pipeline would have no major impact on climate change, his top aide said on Sunday.

White House Chief of Staff Denis McDonough said Obama would decide once the Environmental Protection Agency, Energy Department and other federal experts offer their



Activists march to the U.S. State Department to fight the Keystone XL pipeline in August 2013 in Washington, D.C. / GETTY IMAGES

assessments of the State Department review, as well as their own analysis.

But McDonough offered no word how soon Obama may rule.

Pressure on Obama to approve the project

mounted on Friday with the release of the State Department report.

Appearing on NBC's "Meet the Press" and CBS's "Face the Nation," McDonough said the president's top concern remains

Project \$5.4B

Backers argue that the State Department's findings should clear the way for prompt approval of a bid by TransCanada Corp. to build the \$5.4 billion project, which would transport crude from Alberta's oil sands to refineries on the U.S. Gulf Coast.

the environment, not election-year politics.

The State Department report riled environmentalists, many of whom are part of Obama's liberal base. Yet it delighted the project's backers who include congressional Republicans as well as some of Obama's Democrats up for reelection this November.

REUTERS

Stalled bill

Rep. Ryan says immigration bill 'in doubt' this year



Paul Ryan, a Wisconsin Republican congressman and key player in the immigration reform debate, on Sunday said that it is uncertain whether a broad immigration bill will reach President Barack Obama's desk by the end of the year.

Immigration reform legislation, which the Senate has already passed, has stalled in the Republican-controlled House.

Asked in an interview that aired on ABC's "This Week" if Obama would get a bill to sign this year, Ryan replied: "I really don't know the answer

to that question. That's clearly in doubt."

Last June, the U.S. Senate passed a comprehensive bill that would provide a path to citizenship for immigrants living in the U.S. illegally and tighten border security.

The bill stalled in the House, and some conservative Republicans in both chambers remain staunchly opposed to offering legal status for millions of adults who live in the U.S. unlawfully.

Ryan said Republicans have made it clear that they will not be forced to compromise with the Senate on a deal and refuse to go to conference committee with the Senate immigration reform bill. REUTERS

Quoted

"We don't know who's coming and going in this country. We don't have control of our borders." Ryan

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Religious exemption. Gay-marriage debate takes new twist in Ore.

Oregon voters will likely face two questions about gay marriage when they go to the ballot this year: whether to become the 18th state to let same-sex couples wed, and whether the state should be the first to allow florists, cake-makers and others to refuse to participate in these weddings on

religious grounds.

The ballot initiatives set up what some activists have said is the next frontier in the marriage debate — as more states move to extend marriage rights to same-sex couples, those who object on religious grounds want a legal right to opt out. **REUTERS**

Allegations

Woody Allen's adopted daughter repeats sexual abuse claim in letter

Woody Allen's adopted daughter, Dylan Farrow, on Saturday revisited her sexual abuse claim against the filmmaker in a letter

on the website of the New York Times, as she questioned his acclaim in Hollywood.

The revival of the accusation against Allen comes just ahead of this year's Oscar Awards, where the 78-year-old filmmaker is nominated for best original screenplay for his drama "Blue Jasmine," starring Cate Blanchett. **REUTERS**

No evidence Christie knew of bridge traffic jam, lawmaker says



David Wildstein is the former director of interstate capital projects for the Port Authority. / GETTY IMAGES

Quoted

"It's not evidence, it's the suggestion, the tantalizing suggestion, that there may be evidence."

Rudolph Giuliani, former New York mayor
Appearing on the "Face the Nation" program on CBS

Denied. In an email on Saturday, his administration rejected Wildstein's assertion.

New Jersey investigators have no proof Republican Gov. Chris Christie knew at the time about traffic closures at the George Washington Bridge in September, a Democratic lawmaker helping to lead the state probe said.

"Nothing yet implicates the governor directly," state Assemblyman John Wisniewski, who is co-chairing the investigation, said today on "Meet the Press" on NBC. "We don't

have any proof right now that the governor said, 'Go and close the lanes.'"

Christie, a possible presidential candidate, is facing slumping poll ratings and questions about his involvement in four days of lane closings that paralyzed traffic onto the bridge that connects Fort Lee, N.J., and New York City.

Alan Zegas, a lawyer for one-time Christie ally David Wildstein said in a Jan. 31 letter that "evidence exists" showing Christie knew about the closures as they occurred. Zegas asked the Port Authority in the letter to pay Wildstein's legal fees and protect the former agency official from any damages arising from civil lawsuits. **BLOOMBERG**

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'Who is Cordray?'

US official is heading to 'Jeopardy!'

Richard Cordray, director of the U.S. Consumer Financial Protection Bureau, will appear on "Jeopardy!" on Wednesday, about 27 years after he won \$45,303 as a contestant on the show.

He will be part of a Battle of the Decades with former champions as the show celebrates its 30th anniversary.

"Jeopardy!" quizzes contestants about a range of categories from pop culture to science. Participants must answer in the form of a question. **REUTERS**

THE GAME SHOW
GETTY IMAGES

Mobile provider

AT&T cuts prices for wireless plan

AT&T Inc. on Saturday announced a price cut for customers who share large data plans in its latest attempt to regain ground lost in their market.

In what the company called its "best-ever prices," AT&T said a family of four can get unlimited talk and text with 10GB of shared data for \$160 a month. The discounts are available to any customer, including small businesses with up to 10 lines, and customers of other carriers who switch to AT&T. **REUTERS**

NEW AT&T PLANS
GETTY IMAGES

Israeli minister attacks Kerry over boycott warnings

Prime minister.

Netanyahu called any attempts to impose a boycott "immoral and unjustified."

U.S. Secretary of State John Kerry is holding a gun to Israel's head in peace talks with the Palestinians by warning it could face international isolation if negotiations failed, a senior Israeli cabinet minister said on Sunday.

The remarks by Strategic Affairs Minister Yuval Steinitz, who is close to Prime Minister Benjamin Netanyahu, followed re-



Yuval Steinitz / GETTY IMAGES

cent accusations by Israel's defense minister that Kerry was being "messianic" in his pursuit of a peace deal.

At a Munich security forum on Saturday, Kerry touched a nerve in Israel by pointing to "an increasing de-legitimization" campaign building up against it internationally and "talk of boycotts" if the Israeli-Palestinian conflict did not end.

"Are we all going to be better with all of that?" asked Kerry, who is seeking a framework deal soon that will set a path toward a final accord on peace and Palestinian statehood.

Steinitz seized on the top U.S. diplomat's remarks as a threat against

Quoted

"Israel cannot be expected to negotiate with a gun to its head when we are discussing the matters which are most critical to our national interests." Steinitz

Israel that would only encourage the Palestinians to harden their positions in the 6-month-old negotiations, which have shown few signs of progress.

"The things ... Kerry said are hurtful, they are unfair and they are intolerable," Steinitz told reporters.

REUTERS

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Spring thaw

Iran: Talks failure would be 'disaster'

Iran's foreign minister held rare private talks with his U.S. counterpart on Sunday and said it would be a "disaster" if Tehran did not turn a

provisional agreement to defuse a decade-old dispute over its nuclear program into a permanent deal.

In a sign of the thawing climate between the Islamic Republic and the West, Iran's Mohammad Javad Zarif said he had held bilateral talks with

U.S. Secretary of State John Kerry, as well as with other ministers from the six powers negotiating with Tehran, during a security conference in Munich.

His talks looked forward to negotiations starting in Vienna on Feb. 18. **REUTERS**

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French march against 'family-phobia'

More than 100,000 conservative French marched through Paris and Lyon on Sunday accusing the government of "family-phobia" for legalizing gay marriage and other planned policies they say will harm traditional families. The marchers, expressing frustration with the unpopular left-wing government, denounced new sex equality lessons in schools and urged the government not to legalize medical procedures to help same-sex couples have children. **REUTERS** / GETTY IMAGES

Calling in sick

Yanukovich, who angered opponents in November by spurning a trade pact with the EU and turning to Moscow for financial support, announced on Thursday he was on sick leave.

- Critics saw in that a tactic to deflect pressure for political compromise. On Friday, he signed legislation revoking unpopular new restrictions on protest meetings that has, however, failed to appease opponents who are demanding the release of people arrested.

Ukraine. President to return, opposition demands change

Ukraine's President Viktor Yanukovich announced he would return to work after sick leave, as protesters filled Kiev's main square on Sunday demanding he give up power.

Opposition leaders, addressing the crowd on their return home from meeting European and U.S. officials, said they hoped for international mediation in negotiations with the government and for

constitutional change to limit presidential power.

Calling for a complete change of leadership after weeks of crisis that have divided the country and set the West against Yanukovich's Russian allies, opposition figures who attended a security conference in Munich told supporters they would secure international economic aid if they were able to take power.

REUTERS

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Learn how to ride the feedback loop

Cheers and jeers.

Knowing how to use feedback can help students succeed.

Recently, Olympic athletes were surveyed about the best ways for spectators to cheer them on to a gold medal in Sochi.

Three-quarters of them said that "hearing their fans cheering and shouting" and seeing them "waving encouraging signs of support" is a huge part of their motivation.

Feedback matters to athletes — to all of us.

Feedback isn't always easy to come by, and it's even harder to accept. For students and young people accustomed to the instant ping of social media feed-

back, it can be frustrating when your performance isn't evaluated. Other times, students get feedback but fail to act on it.

Efficient and usable feedback is frequent, clear, and specific, according to Jay Gilbert in The University of Western Ontario's Ivy Business Journal. But it takes time, and a lot of it, to provide that kind of personalized feedback. So the next time you get a paper back with advice, or a professor gives you some tips to improve your in-class presentations, make sure you're open to taking it to heart. **METRO / SIDNEYVEE MATRIX**

TalentEgg.com is a job board and online career resource for college students and recent graduates.



Knowing how you're doing is helpful, even if it's not positive.
COLOURBOX

Community counts

Social feedback

If you feel the need for more feedback on your creative work and ideas, turn to social media.

A bit of Internet sleuthing is almost guaranteed to uncover a niche community where you can engage in commentary, ask questions and practice social reciprocity by giving feedback while also receiving it. Here are some industry-specific examples:

Graphic designers and photographers. Look to the Behance network or DeviantArt to showcase and discover design work and submit your creative work for critique by a global community. If you're a photographer, the communities at Flickr and 1x are good bets to receive professional feedback. All of these sites also do double duty by hosting online portfolios for a fee.

Writers and editors. Want feedback on your writing? Visit ABCTales (free) or CritiqueCircle

(paid), two active communities where published and aspiring authors can discuss and develop their work.

Entrepreneurs. If you have a new project or business idea and want to test it out, try Quora for general questions, and Kickstarter for both community feedback and funding support.

Fashion designers and stylists. For fashionistas, try LookBook and Polyvore to get responses from other established as well as up-and-coming stylists, models and designers.

As a bonus, by becoming involved in a community online or off, you'll also expand your professional networks — and don't forget that volunteering is another way to dig up feedback while giving back.

Community is key to getting feedback that will inspire your next great idea and find collaborators who can help make it happen.

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WORK EARLY AND OFTEN

In a tough economy, students have to start building their careers in high school in order to compete in the college admissions process, for internships and further down the line, for full-time jobs.

In a new study authored by my company and Internships.com entitled "High School Careers," we found that huge numbers of employers are either accepting applications from high school students for internships or plan to in the coming year. We also found that high school students are already taking on internships for the purpose of advancing professionally. Companies know that high school internships can help students get into better colleges; smart high schoolers know an internship can make them more competitive in their college careers and lead to higher-paying jobs.

I had a high school internship during my senior year and the experience changed my life in a



High school isn't too early to get a jump on career achievements — it's just the right time. / COLOURBOX

few ways. It was an early introduction to workplace dynamics, gave me insight into what I didn't want to do for work later on and gave me the experience that I leveraged to land an internship during my freshman year of college. Here are some tips to get work experience during high school so that you're set up for

success in college:

1 Get good grades and collect references. Our study found that students in good academic standing who have testimonials from teachers have a better chance of landing internships.

2 Volunteer. Find a local nonprofit and

volunteer for them so that you can practice your skills, have some something to put on your résumé and a network that you can use to land future opportunities.

3 Be a social media master. An astounding 73 percent of high school internships focus on social media marketing

projects. Learn how to apply the social media skills that come easily to you for real-world success.

4 Work for your parents. Ask your parents if they can either hire you or refer you. Any experience is good experience and it can lead to bigger and better opportunities.

5 Apply for corporate internships. Search for internships through your high school and online, and apply to as many that are a good fit as possible. They will help you get your foot in the door at a company that might eventually hire you.

6 Start your own company. In our study, we found that high school students are actually more entrepreneurial than college students. If you have an idea, don't be afraid to test it out — you're young and can recover by the time you graduate.

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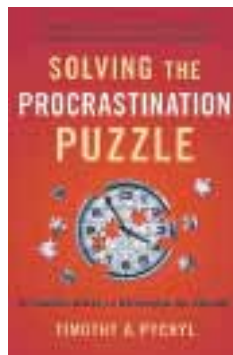
That pile of books isn't going to read itself — dive in and move on.
VICTOR SHA2013

On it. Don't fall into the trap of putting things off.

As students immerse themselves in a new semester, it's only a matter of time before all-nighters steadily creep in. It doesn't have to be that way, says Timothy A. Pychyl, Ph.D., author of "Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change."

In fact, the associate professor of psychology at Carleton University in Ottawa says that when students indicate they work well under pressure, experimental evidence says that's actually false. "You think your stuff is good because you're so elated that you finally pulled it off," he explains.

Although students will say they're unable to start pouncing on work until the last minute, Pychyl says binge-studying efforts are "a lot of excuses." The re-



ality, he says, is that when people dig into an assignment, that perception of it "doesn't seem as difficult or stressful and they don't have as much uncertainty."

Immersed in campus life with the semi-monthly workshops he conducts in residences, he points out 95 percent of students procrastinate and the other 5 percent are lying.

Referring to self-discipline and organizational skills to tackle assignments head-on, he says there's a bigger story unfolding.

"Procrastination is an existential issue; it's not getting on with life itself. This is not a dress rehearsal."

Not choosing to forge ahead is a choice in itself and as students procrastinate, they have to "wake up and say, 'This is my life, I want to make something of it,'" Pychyl says.

It's easier said than done, of course. The semi-good news? By delaying one crop of assignments, like writing essays, students can be productive by focusing on another task instead.

Putting things off that seem difficult is extremely common and can affect other areas of students' lives. Chronic procrastinators don't exercise as much or eat as well, he says.

Pychyl says that, really, there isn't any upside to putting things off: "We delay every day; that's part of setting priorities," he says.

VICKI SALEMI
letters@metro.us

Advice

Tips to avoid procrastination

Just get started. "It's that precipitous moment of 'I should do this, I should intend to do this' but 'I don't feel like it.' Just get started instead of avoiding. When we have even a little bit of progress on a goal, it fuels our well-being."

Create an implementation intention. Instead of making a broad goal like working on an assignment this weekend, make a specific decision; for example, right after coffee on Saturday morning, I'm going to read the first five pages of that chapter. "Situation X, I will do behavior Y."

Make the work easy. "Preempt that which tempts," says the author. Make the work easy by ensuring all of the assignment materials are readily available and more distracting things aren't easily accessible.

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"We are devastated by the loss of our beloved Phil and appreciate the outpouring of love and support we have received from everyone," said Hoffman's family in a statement. "This is a tragic and sudden loss." / GETTY IMAGES

Oscar-winner Philip Seymour Hoffman dead at 46



RIP. One of our great actors has passed, leaving a rich body of work.

To the list of those who died while they still had so much more to give us, add Philip Seymour Hoffman. The Academy Award-winning actor of "Boogie Nights," "Almost Famous," "Capote" and "The Master," among many others, was found dead in his apartment Sunday, Feb. 2, of a reported drug overdose. He was 46 years old. He is survived by his partner Mimi O'Donnell and his son Cooper and daughters Tallulah and Willa.

Hoffman, born in Waterloo, N.Y., in 1967, attended NYU's Tisch School of the Arts, where he obtained a BFA in drama. After years of small roles in big films, such as "Scent of a Woman" and "Twister," he got his big break with

What we know so far

- On Sunday, at a little bit before noon, New York City police responded to a 911 call. Upon arrival to a West Village apartment, police found Hoffman unconscious and unresponsive, lying on the bathroom floor. EMS later pronounced him DOA at the scene. A law enforcement official said that it was apparent Hoffman suffered an overdose; the needle was still in the actor's arm. However, an investigation is ongoing by the NYPD. The Medical Examiner's Office will determine the cause of death.
- The actor had battled drug and alcohol addiction but had been sober, reports say, until May 2013 when he relapsed. At first the news was hard to confirm as Hoffman had been the subject of an Internet death hoax as recently as a few days ago.

Paul Thomas Anderson's "Boogie Nights." Playing an awkward boom mic operator with a crush on a porn star (Mark Wahlberg), he instantly became the kind of actor you want to see in everything.

Others felt the same. He was suddenly everywhere: as an ass-kissing personal assistant in "The Big Lebowski;" as a lonely sex addict in Todd Solon-

dz's "Happiness;" even Robin Williams' roommate in "Patch Adams."

Hoffman won his Oscar — and many other awards besides — for "Capote," in which he embodied the author Truman Capote as he investigated the events that would form his book "In Cold Blood."

But the trophy could have easily gone to several other performances.

Among those would be his turn in "Almost Famous," in which he nailed the sour charisma of music critic Lester Bangs.

In addition to his extensive film work, he was a prolific theater actor. He scored three Tony nominations, for "True West" in 2000, "Death of a Salesman" in 2012 and last year's mounting of "Long Day's Journey into Night."

There remain two more "Hunger Games" sequels to come, which feature him as Plutarch Heavensbee, plus the John Slattery-directed "God's Pocket," which just played at Sundance. We recommend digging into his back catalogue. Most recommended are his turns in "The Talented Mr. Ripley," "Punch-Drunk Love," "Owning Mahowny," "Charlie Wilson's War," "The Savages" and "Synecdoche, New York."



MATT PRIGGE
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Other NYC overdoses

Sadly, Philip Seymour Hoffman wasn't the only star to bow out amid drug abuse in the big city. Here are four other tragedies that involved the deadly combination:

- Heath Ledger, 28, died on Jan. 22, 2008, from an accidental overdose from prescription drugs. His body was found in his SoHo apartment by his housekeeper and masseuse.
- Adam "DJ AM" Goldstein, 36, was found dead in his Lafayette Street apartment from an overdose of cocaine and oxycodone on Aug. 28, 2009.
- Sex Pistols bassist Sid Vicious, 21, died on Feb. 2, 1979, at his girlfriend's West Village apartment from a heroin overdose.
- Haitian-American artist Jean-Michel Basquiat, 27, died from a heroin overdose in 1988 at his art studio on Great Jones Street in NoHo.

LASSE EMIL KRISTIANSEN



LEDGER

2 CULTURE

Twitter feed

Hollywood's best and brightest mourned on Twitter on the passing of Philip Seymour Hoffman yesterday.

@aaronpaul_8: We lost one of the greats today. Philip Seymour Hoffman RIP my friend. You will be missed always and forever.

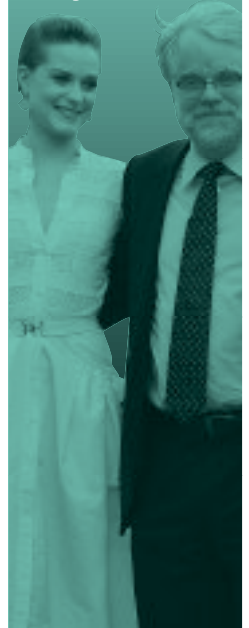
@TheEllenShow: Philip Seymour Hoffman was a brilliant, talented man. The news this morning is shocking and sad. My heart goes out to his loved ones.

@joelmcchale: Rest in peace Philip Seymour Hoffman. You were one of the best. You're gone way too soon. #RIPPhilipSeymourHoffman

@evanrachelwood: I am sad on so many levels about the loss of Philip Seymour Hoffman. One of the greats. Losing him this way is absolutely tragic.

@lenadunham: Beautiful beautiful man. We have lost so much joy to something so joyless. RIP PSH.

@Jon_Favreau: RIP Philip Seymour Hoffman. So sad. Such a great talent.



GETTY IMAGES

One of the first things Bob Balaban's Broadway impresario says when tapped to join the lead gang in "The Monuments Men" — tasked to recover stolen art from the Nazis in the twilight of World War II — is, "Would I get to kill anyone? I'd really like to kill somebody." It's an unexpected edge from Balaban, an actor better known for his bookishness in films like "Close Encounters of the Third Kind" and "A Mighty Wind," as well as shows like "Seinfeld." But every actor likes a challenge, he insists.

How did you feel about your character being presented as a somewhat tough guy? Is that new for you?



BOB BALABAN

A bookish actor plays a tough guy hunting down Nazis in "The Monuments Men."

HE'S GOT A GUN

You know, I never really thought about that part too much. I mostly thought, "Oh my God, I'm going to have to have a gun. What do I do?" So I spent a large amount of time training to use my weapon — which I only use for 13 seconds in the beginning of the movie. We actors always like to do things we're not familiar with.

Have you actually carried a gun in a film before?

Awards time

This film was supposed to come out in time for Oscar season. How do you feel about the delay?

I think it's a good thing to be delayed, because there's so many good big-, small- and middle-size movies this December. I think when this movie comes out in

I was fired the last time I drew a gun in a movie. [Laughs] I was in a Woody Allen movie where I had a gun. We shot my scene 900 times, and Woody kept saying, "You don't look very dangerous." I went to a screening of the movie and I said to my wife, "See that little house over there? I'm going to come walking out." And the door opened and

Wally Shawn came out. I got fired and I didn't even know I was fired.

So Wallace Shawn is more threatening than you with a gun?

Wally was better than I was. When I saw him do it I thought, "No wonder! That's what Woody Allen was talking about."

Don't take this the wrong way, but you're kind of the personification of NPR.

That's funny. It's not a bad thing at all, and I deeply appreciate it. I probably don't really deserve you to think that, in substance anyway, but I do believe in surface and texture that goes well. NPR is right in my casting wheelhouse. I don't get many cowboys.



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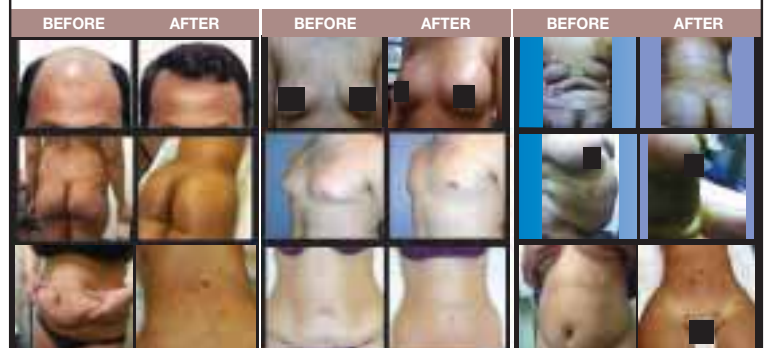
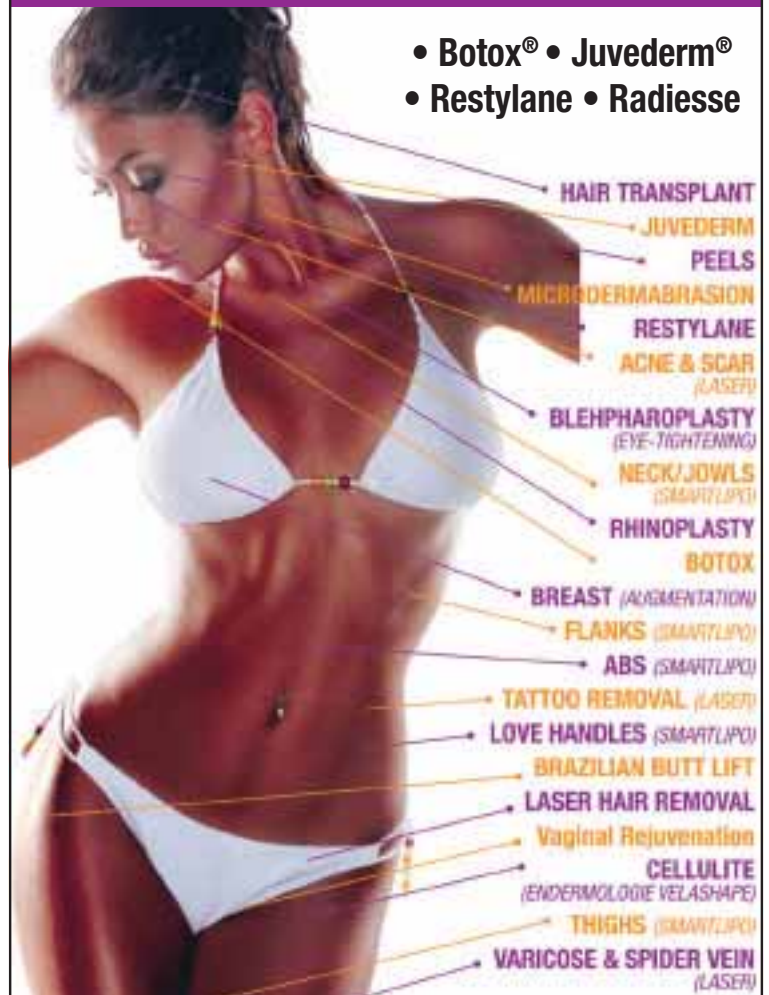


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I spent a large amount of time training to use my weapon — which I only use for 13 seconds in the beginning of the movie. We actors always like to do things we're not familiar with.

Balaban

TV watch list

SPECIAL

'Sports Illustrated Swimsuit: 50 Years of Beautiful'

This is a celebration of women with preternaturally smokin' bods, hosted



HEIDI KLUM
VIVIAN ZINK, NBC

by Heidi Klum (who we can only assume drinks the blood of virgins to look like this at 40). 9 P.M., NBC

REALITY

'Swamp People'

Appetites for reality shows about "Deliverance"-type people hunting animals in backwoods towns cannot be sated! One such show, about families who hunt alligators, returns for its fifth season. **SEASON PREMIERE, 9 P.M., HIST**

REALITY

'Bad Ink'

Love might not last forever, but tattoos do. That's what the dude featured on tonight's episode learned the hard way — a pesky piece from a previous marriage isn't working for wife No. 2. **10 P.M., A&E**
ALEXANDRA CAVALLIO



'COME BACK, AFRICA' SLYLY EXPOSES 1950S APARTHEID

'Come Back, Africa'

Milestone Films
\$39.99

The story of "Come Back, Africa" could be the next "Argo": In the late 1950s, American filmmaker Lionel Rogosin went to South Africa. He told officials he simply wanted to make a harmless travelogue. It was a lie: What he really wanted to do was make a damning portrait of Apartheid and reveal it to the rest of the world. When it finally premiered in New York in 1960, the Sharpeville massacre had just killed 69 people.

A follower of Robert Flaherty, the pioneering documentarian of "Nanook of the North," Rogosin borrowed his use of making fiction out of reality. Non-actors play out the story of a young Zulu (Zacharia Mgabi) who travels to Johannesburg to find work, only to get caught up in absurdist bureaucracy: To work he

needs a working pass, but he can't get a working pass without work. He drifts from odd jobs, including for racist white Afrikaners, and gets embroiled in the organized crime that has cropped up among the oppressed masses.

"Come Back, Africa" is a polemic, intended to strike a nerve and change the world. But it's more than that. It's as much interested in helping people as it is learning about them. Music becomes a great excuse to halt the narrative. One protracted hang-out sequence begins as a political chat then turns into a showcase for singer Miriam Makeba, who was on the cusp of explosion. The characters aren't mere victims — even with their rights curtailed, they're very much alive.



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"Come Back, Africa" was filmed in the late 1950s on the sly in apartheid-era South Africa. / MILESTONE FILMS

Pretty sights

'Mother of George'

The most beautiful film that came out last year, Andrew Dosunmu's hypnotic drama hangs among a Nigerian enclave in Brooklyn, where a new bride ("The Walking Dead"'s Danai Gurira) is struggling to give her barren yet stubborn husband (Isaach De Bankolé) a



Danai Gurira / MAGNOLIA

son. But plot takes a deep backseat to a sense of place that's both caustrophobic and inviting.

Also out



'Dallas Buyers Club'

Matthew McConaughey will probably win his Oscar for playing a homophobe with AIDS who throws a lot of "Erin Brockovich"-ish tantrums but never much becomes less of a homophobe.

'Jules and Jim'

Francois Truffaut's third feature is a typically conflicted view on love, with two pals (Oskar Werner and Henri Serre) who spend their lives dueling for Jeanne Moreau's affections.

'Escape Plan'

And the masses didn't want to watch old Sylvester Stallone and Arnold Schwarzenegger break out of a high-tech prison run by Jim "Jesus" Caviezel because?

Box office. Ice Cube has a good day (again) with 'Ride Along'

Buddy cop comedy "Ride Along," starring Kevin Hart and Ice Cube, cruised to a third straight weekend at the top of the box office charts, out-earning new release "That Awkward Moment."

"Ride Along" collected \$12.3 million in ticket sales over what was a slow Super Bowl weekend at many domestic movie theaters. The film has collected \$93 million since its January 17 release.

Second place went to the long-running Disney hit, "Frozen," which earned \$9.3 million and benefited from newly added "sing-along" shows, pushing its total since opening in late November to more than \$360 million, according to box office tracking firm Rentrak.

"That Awkward Moment" was third with \$9 million in ticket sales at U.S. and Canadian theaters from Friday through Sunday. The film stars



Ice Cube basks in the box-office glory of "Ride Along."
QUANTRELL D. COLBERT

Top 5 earners

- 1 'Ride Along' \$12.3 million
- 2 'Frozen' \$9.3 million
- 3 'That Awkward Moment' \$9 million
- 4 'The Nut Job' \$7.6 million
- 5 'Lone Survivor' \$7.2 million

Zac Efron as one of three friends who pledge to stay single.

Focus Features, the studio that released the low-budget "That Awkward Moment," said the film was "designed as counter programming with a target audience of female moviegoers," noting that it "scored best with our primary audience of younger females."

"Labor Day," the other new release this weekend, collected \$5.3 million in ticket sales to open in the No. 7 slot. The film, starring Josh Brolin and Kate Winslet, is about an escaped convict who takes refuge in the home of a depressed single mother and her son.

Rounding out the top five, the animated film "The Nut Job" took fourth with sales of \$7.6 million, while Mark Wahlberg's Afghanistan war film "Lone Survivor" was fifth with \$7.2 million. **REUTERS**



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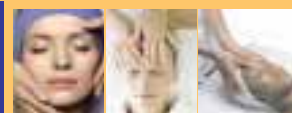
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Frank Langella, center, breaks down in the downpour. / JOHAN PERSSON

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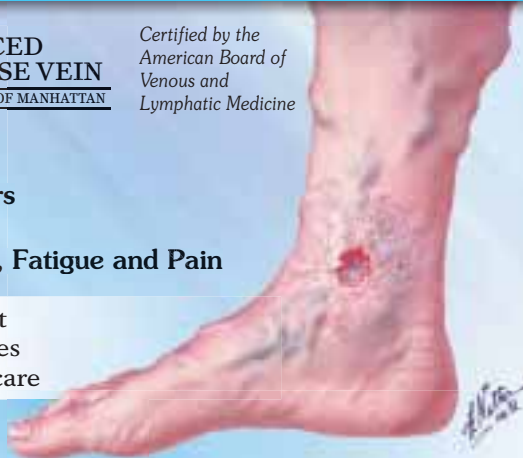
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Shakespeare is trepidatious programming: When it's not done well, it can be really, really bad.

With BAM's "King Lear," publicists relied heavily on the star power of Frank Langella in the titular role — but that doesn't tell potential ticket-buyers much about the show, like how it will be staged and what it will feel like. So apart from their familiarity with the lead, or with the text, they'd have to take a bit of a gamble to shell out cash and commit themselves for three hours.

Thankfully, those who take the leap will be mightily rewarded: This "Lear" is the best rendition in recent memory, despite the fact that it's so unadorned. Actors in fairly basic period garb stand on a mostly empty stage, carrying the audience on their articulation alone in between the more exciting sword fights and slayings.

The key to this production's success is its clarity. Angus Jackson crisply directs these scenes, conveying exactly what's happening with subtle transparency even while the prose carries on at a quick clip (as opposed to what too often happens in the Bard's works: players "acting down" to the house, practically miming to convey what they're saying).

Langella is the centerpiece, and he is magnificent at strip-teasing the self-discovery process of a megalomaniacal king. But much like the pitch-perfect young Fool (Harry Melling), who disappears after intermission, you adore him but don't really miss him when he's not there — and that's a compliment to the rest of the ensemble, who are so charismatic and nuanced that you wish you could follow them offstage and see their goings-on away from the main plot. Can we spend a day with wicked sister Regan (Lauren O'Neil)? Even watching her dress down a dishwasher

would make for thrilling theater work. (In contrast, Isabella Laughland's flat-faced Cordelia could hang to her death in front of us and draw yawns — but she is the exception in this cast, where Langella is the rule.)

And just as the foibles of one scene conclude, in sweeps new drama. Because the stage is stagnant, because there aren't too many bells and whistles slowing things down, the show proceeds more smoothly than most movies aided by all the post-production Hollywood can buy. It's not revolutionary, but it's Shakespeare done right.

Storm's a-comin'

Right as rain

The transition to the iconic heath scene, where Lear succumbs to madness, is the only clunky part of this production. The entire show pauses while stagehands lift boards from the floor and reveal a pit into which rain will pound down. To help keep things moving, music suddenly floods from the speakers. Because this kind of sound cue is absent anywhere else in the play, it hounds

the senses in an abrasive way.

Is the dramatic weight of the downpour worth the distraction? The scene is surely one of the play's most memorable, but the three minutes it takes to get there belong to another "King Lear" altogether — one in need of cumbersome antics to cover for deficiencies that this production, blessedly, is otherwise without.



WAYS TO INSTANTLY LIFT YOUR MOOD

In the midst of busy schedules and managing to-do lists, happiness can become an afterthought and a bad mood can come on quickly. Maybe you didn't get enough sleep, or maybe your boss is pissing you off. Whatever the case may be, it's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

1 Don't try to change the world around you. Just change the way you see it.

All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life. Take an inventory of the ways that you project negativity into your life. Maybe you spend hours daily complaining about your boss. Or maybe you constantly obsess over your weight. Whatever you focus on grows — therefore, it's time to shift your focus. Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in



You have the power to change. / WAVEBREAK MEDIA

2. Turn your mood upside down

Plow pose

One of the best ways to get your happy on is with a simple inversion. Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your

thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To enhance the posture, you can press your hands against the back torso and press your back up toward the ceiling. You can use your hands for support or you can release them away from your back and stretch your arms out behind you on the floor.

To exit the pose, drop your hands onto your back again and raise your legs into a

this area of your life.

3 Change your breath pattern.

The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into your negative behavior, take a long, deep breath. Your calm and centered energy will support you in positive behavior.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think you do. Take your happiness into your own hands and start consciously changing your mood today.



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Study



TANNING IS ON PAR WITH TOBACCO USE AS A PUBLIC HEALTH THREAT. / STOCKBYTE

Indoor tanning common in Western countries

More than a third of adults in Western countries have been exposed to indoor tanning, according to research.

Based on this, the number of skin cancers that can be blamed on indoor tanning each year exceeds the number of lung cancers attributed to smoking for the countries studied.

In 2007, researchers found that people who used tanning beds before their 30th birthday were 75 percent more likely to develop melanoma. **REUTERS**

Is that sneeze a cold or winter allergies?



Achoo! Figure out what's afflicting you.

It's been 14 days and that cold you caught is still hanging on. What do you do? Probably nothing — it's just a cold, right? Actually, you might very likely have an allergy, and no, allergies aren't just a spring thing.

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold — it's probably either a sinus infection or an allergy," says Dr. Joan Lebach, an integrative medicine physician specializing in allergy, asthma and clinical immunology at Montefiore Medical Center.

Lebach knows it can be hard to distinguish a cold from allergies. "The things that they have in common are you get congestion, you can get a cough, you can get postnasal drip, you can get a headache. You just feel tired and not well."

But there are other signs that indicate your bug may be more of an environmental thing. "Typically, you are not going to get a fever with an allergy. Your mucous can be clearer in color — sometimes when you really get a cold it's green or it's yellow. You don't get body aches with an allergy typically, whereas with a cold you can get some of those things."



"Typically, you are not going to get a fever with an allergy," Lebach says. / STOCKBYTE

Winter allergies do exist, and if you get sneezy during the spring and summer, chances are you'll be affected in colder months too. Common culprits? "Indoor things like dust mites and mold," Lebach says, adding that she's seen more patients this year than last for a combination of allergies, sinus infections and earaches.

"I think part of it has to do with the craziness of the temperature, where it has been so warm, and so rainy, and so cold, back

and forward," she says. "A lot of the mold [and] pollen is still around, which, typically, when it's very cold gets chilled off."

Allergies are not just annoying — they can also lead to sinus infections, which are also similar to colds. Allergies set you up for getting actual colds and viruses because your immune system gets depressed.

MAJA LUNDAGER
letters@metro.us

Take care

By paying attention to your nasal health, Lebach says you can reduce your risk of catching a wintertime bug. Follow her advice:

- "The most important thing you can do — and this applies to colds, flus and allergies — is wash your hands and face."
- "In terms of breathing, I tell people to get a little gadget for their house and try to keep the humidity

in their house around 50 percent. If the air is too dry it sets you up for a dry mucosa with cracks in your nose, so when you are exposed to viruses you are more likely to get infected because you have these microscopic cracks. And if it's too moist you are going to grow the mold and the dust mites and the indoor allergens [that] make your symptoms worse as well. For five or six bucks you can

get this little gadget that will tell you the humidity in your house and then you can either get a humidifier or a dehumidifier, or do something as simple as putting a pot on the radiator that moistens the air."

- "Allergy symptoms benefit from herbs just like colds and the flu. Rootology is an excellent choice for nasal allergy prevention and treatment."

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bimonthly podcast called "The Broad Experience" about women in the workplace. Listen in at www.metro.us.



The beginning of the year brings plenty of articles on success — attaining it and sustaining it. Depending on your personality, this onslaught of encouragement can bring enthusiasm or despair. There tends to be one dominant version of success in our society, and it's the shiny, "get to the top with all the trappings" version, which can make some of us feel bad or as if we're not doing enough.

Many women, myself included, are self-critical. We expect a lot from ourselves. We go over and above the requirements on every project. Women's leadership coach Kathy Caprino says many of her clients are "perfectionistic over-functioners," doing "more than is necessary and more than is healthy" in their work and home lives.

Those of us who have branched out on our own may wilt when we think a particular entrepreneurial



Success means hard work, and hard work gets harder when you're preoccupied with self-judgment. COLOURBOX

project isn't working. We berate ourselves for not achieving success fast enough and wonder if we should give up.

"Realize that everything we create of meaning and value requires work," says Caprino. "It

doesn't fall in your lap." Even if you think you know someone for whom success has happened "overnight," in all likelihood it hasn't.

Another way to think about success, according to mindful leadership

coach Emily Bennington, is to re-frame it altogether. After years of trying the corporate ladder approach — basing her success on her title, goals met and how she compared to her colleagues — she burned out. Bennington decided

that to be happier at work she had to put less emphasis on outward signs of accomplishment, and "more emphasis on the things I could control."

"What I discovered was the only thing I can control is me: my attitude and how I show up every day," she says.

These days, Bennington's definition of success is whether she's lived by her own set of values. She says when she pulls that off, she tends to achieve what she set out to do. It's not that she doesn't have goals any more — she does — but "you have to be able to detach from them if you want to have any kind of peace in your life."

There are a lot of bumps on the road to a meaningful work life. It's hard not to let others' perceptions of your work or personality derail you at times. Still, perhaps the biggest challenge for some of us is daring to call ourselves successful in the first place.



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Finding the one to help you up



Getting a helping hand professionally starts with reaching out.
COLOURBOX

Advisor. Having the right mentor (or two) can be the fastest way to go from where you are to where you want to be.

It's a truism that having a mentor is important if you want to fast-track your career. An experienced advisor can steer you along a career trajectory, help you navigate professional obstacles and raise your profile closer to those further along in your field.

Gaining the public endorsement of your mentor can go a long way toward building your professional credibility, too, especially if he or she is a recognized leader in the field. This person can also assist you in better understanding the industry. Check out some strategies for finding a great advisor — and while you're at it, you might want to find a few more.

What to look for

Accessibility. The right mentor can help you develop the skills for career

success and unlock a whole host of opportunities. It may seem obvious, but a good mentor needs to consistently make time for you in his or her schedule. You'll get more out of a busy advisor if your meetings are structured with an agenda or, at the very least, by a list of questions you have prepared that will productively guide the conversation.

Good listening. Your mentor must seek to understand who you are and what you need before jumping in with advice, knowledge and insight. Instead of delivering a lecture, the best mentors listen actively and ask the right questions — inspiring you to do the thinking.

Confidence booster. In the process of engaging

with your mentor, you should work to develop greater self-awareness. Your mentor should help you to see and believe in your own potential. This person should challenge and inspire you to reach for your highest goals.

Where and how to find your mentor

Many workplaces have formal mentoring programs, but there are many ways to find informal mentoring relationships on your own.

Go back to class. Register yourself in a professional development seminar to learn a new skill or upgrade existing ones — and in the processes connect with industry experts.

Use social media. Find, follow and reach out online to industry leaders on Twitter, Google+, LinkedIn and Quora. This way, you can build a personal learning network. Also, don't forget to join and contribute to groups on LinkedIn.

Fill up your events calendar. Research and plan to attend industry events to learn what's new and connect with speakers who could be prospective mentors. Introduce yourself, business card in hand, having done your homework and perfected your elevator pitch.

Author Seth Godin rightly observed that “no one actually ever bought anything on an elevator.” By that token, craft your speech to begin professional relationships, not as a hard sell seeking to close a deal. Communicate your professional drive, says former Hulu CTO Eric Feng, and “don't be afraid to get in front of someone and show your passion.” **SIDNEYEVE MATRIX**

Found a mentor?

Great, now keep looking

As professor Suzanne De Janasz of the Swiss business school IMD advises, “more is better than fewer” when it comes to career advisors. “Even if

you have the smartest mentor in the world in your back pocket,” she warns, and even if they provide you with excellent advice, “one person does not know everything,” she says. Branch out and learn more.

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Future perfect. Who you are online dictates who you will be in your career — so pay attention

Having a good online reputation means thinking twice before posting photos of a night out or an angry rant. Avoid these common mistakes on your path to success online and in real life.

1 Posting regrettable photos: If you're at a party or a bar, you may want to think before posting the photo of yourself with that flaming shot in your hand. Remember, photos online will tell a story about you — what do you want that story to be?

2 Cross-branding professional/personal profiles: Certain social profiles like LinkedIn can and should be used exclusively as a professional portal for colleagues and potential employers. In those cases, be careful not to add too much personal information or use vulgar language.

3 Being aware of the all-seeing eye: Even in today's modern age, young people seem ignorant of the fact that cameras are virtually everywhere! If you're out in public, chances are there's someone or something recording you, and that footage can easily find its way online.

4 Being hateful or attacking: Vitriol is everywhere online, and



Snap safely

Snapchat can be captured

Young people gravitate to Snapchat because it's an intimate platform where they can be themselves without worrying about curating the perfect image or putting things out there forever. However, it's important to know that images and videos can be duplicated very easily. Use discretion with what you post and who you send it to.

much of it comes from young people who are settling into their comfort zone when it comes to free speech and what they are willing to say. Many sites we use to express

ourselves are porously connected (for example: Google, Blogspot and Youtube or Facebook, Instagram and Twitter). Young folks often don't realize that a comment they make on one site can be saved and posted to many other avenues where they may not want it.

5 Not understanding time stamps: Did you ever take a sick day from work and then mistakenly post a photo of yourself at Disneyland that same day? Have you ever told someone you were busy as an excuse, only to share a revealing status update just a short time later? Social media is a perfect place for embarrassing fibs. Make sure you're careful — or even better, be honest.

— Source: Reputation Management Consultants



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Horoscope

Aquarius | Jan. 21-Feb. 18.
If you trust friends with your secrets, you can expect them to blow the whistle. It is best not to depend on others.

Pisces | Feb. 19-March 20.
Your energy should be directed into moneymaking ventures. Don't hesitate to look into career opportunities that allow you to learn.

Aries | March 21-April 20.
Superiors will appreciate your skills, knowledge and expertise. Network with contacts who will introduce you to people in influential positions.

Taurus | April 21-May 21.
Volunteer to raise your profile. Contribute what you can, and don't be shy, but be discreet about personal matters.

Gemini | May 22-June 20.
Don't expect to get a bargain. Decisions made in haste will lead to regret. Be cautious while traveling and don't make promises you cannot keep.

Cancer | June 21-July 22.
You will gain support if you ask for help. A debate will show your loyalty and make inroads with people you want to get to know.

Leo | July 23-Aug. 22.
Travel for business or pleasure in order to make interesting connections. A lasting relationship will develop.

Virgo | Aug. 23-Sept. 22.
Love and romance are on the rise, and an interesting development will take place with someone you know through work or extracurricular activities.

Libra | Sept. 23-Oct. 22.
Social events will lead to unusual opportunities. Your openness will attract someone who has plenty to offer in return.

Scorpio | Oct. 23-Nov. 21.
Look for someone unusual who will inspire you to pursue a lifelong dream. Work with others.

Sagittarius | Nov. 22-Dec. 21.
Travel will lead to adventures, but don't be surprised if you end up in debt due to unexpected expenses.

Capricorn | Dec. 22-Jan. 20.
Domestic problems will surface if you can't get along with the people you live or deal with daily. Listen to any complaints being made.

BERNICE BEDE OSOL

Letters

Give Congress a taste of its own medicine

Re: 'Don't get greedy for power, Mr. President' (Metro, Jan. 31-Feb. 2)

What the letter writer in Friday's Metro fails to realize is that you have one branch of government that is not working for the people they are paid to serve. Instead, they are holding the country hostage by putting a stop to any kind of legislation that may help the majority of the people in this country.

I say let the president do his executive orders; if they are unconstitutional, the only branch of government

that can do something in Washington, the judicial branch, can deal with it. In the meantime, my suggestion for an executive order would be to reduce those six-figure salaries most congressmen and senators make to the current \$7.25 an hour that minimum-wage workers get until they accomplish something — or better yet, give them unemployment for six months, since that's what they would be making as private sector employees who accomplish nothing besides ignoring their employers (us).

DANIEL JELKE, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	6	2	3	1			8	7
			8	7				4
					9		6	
8			4	9			5	
				2				
	4			5	6			8
	7		9					
6					1	3		
9	1			3	5	8	7	

6	5	7		8				
3	9					7	6	
		8	2					
	2				5	6	3	
5								8
	3	1	4			2		
					8	3		
9	8					1	5	
				9		4	8	2

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

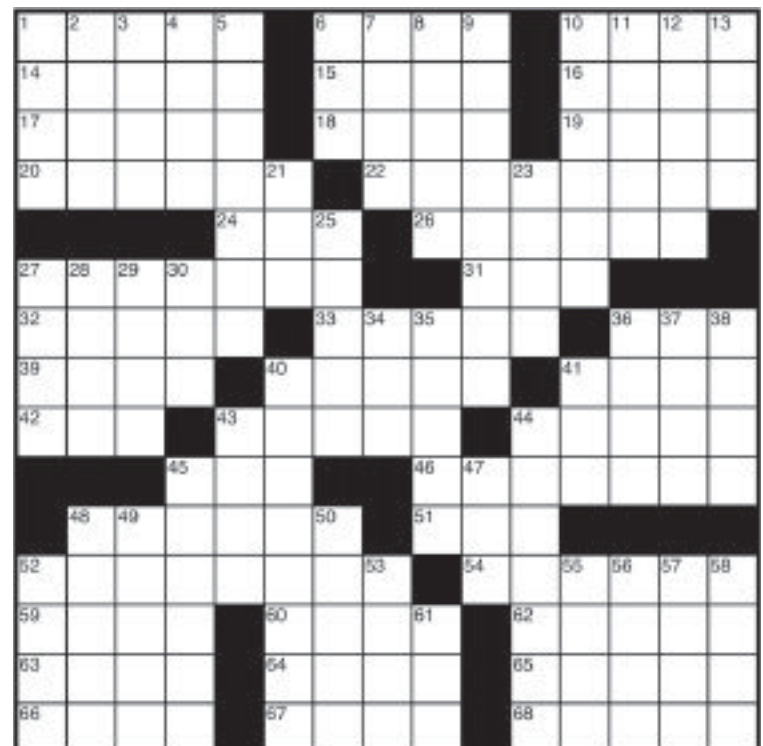
- 1 Why? (2 wds.)
- 6 In — (as found)
- 10 Outback mineral
- 14 Writer — Jong
- 15 Poetic time
- 16 "Fancy" singer
- 17 Pave over
- 18 Four Corners state
- 19 Balance-sheet gurus
- 20 It has a neck
- 22 Purple quartz
- 24 Aah's companion
- 26 "— the thought!"
- 27 Cure-all
- 31 Carried through on
- 32 Newsstand
- 33 Adjust the length
- 36 "Yo!"
- 39 Spineless
- 40 Rose pest
- 41 Thin fog
- 42 Orange root
- 43 Secret rendezvous
- 44 — incognita
- 45 Walton or Snead
- 46 Fastest animal
- 48 River in a waltz
- 51 Get a move on
- 52 Defy gravity
- 54 Fake
- 59 "Take — from me"
- 60 Worn-down pencils

Down

- 62 Exterior
- 63 Latin hymn word
- 64 Designer label
- 65 Ruffle
- 66 Pull apart
- 67 FICA numbers
- 68 Rash behavior
- 1 Dagwood's neighbor
- 2 Two-piece cookie
- 3 Skater Katarina —
- 4 Hightail it
- 5 Rowboat part
- 6 Dallas sch.
- 7 Plato's vowel
- 8 Vagabond
- 9 Ignored
- 10 Lei flower
- 11 Prolific diarist
- 12 Discomfit
- 13 Trailing
- 21 Job-ad letters
- 23 Make neat
- 25 Half-woman, half-bird
- 27 Landscaped rd.
- 28 Town near Honolulu
- 29 — Chomsky
- 30 Set a price
- 34 Codgers' queries
- 35 Thumb a ride
- 36 Rodgers' collaborator

- 37 Philanthropist — Cornell
- 38 Nope opposite
- 40 Uniform accessories
- 41 Half a bray
- 43 Under tension
- 44 Seriously annoys (2 wds.)
- 45 Made catty remarks
- 47 Kind of boots
- 48 Reason —
- 49 Of birds
- 50 Needle cases
- 52 Place to hibernate
- 53 Black, to Blake
- 55 Finnish money
- 56 Water or tel.
- 57 Wooded hollow
- 58 Paris airport
- 61 Almost grads

Weekend's answer



Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!





Russell Wilson and the Seahawks stiff-armed the Broncos right off the field Sunday. / ALL PHOTOS GETTY IMAGES

Super Bowl XLVIII.

Seattle romped over Denver in one of the most lopsided Super Bowls ever.

Broncos fans will never want to hear the phrase "12 seconds" again.

The Seahawks scored 12 seconds into Super Bowl XLVIII when Denver center Manny Ramirez snapped the ball out of the back of the end zone and 12 seconds into the second half when Percy Harvin re-

Super blowout

The end result was ugly, but it wasn't the most one-sided game in Super Bowl history.

- The biggest win actually came in 1990 when the 49ers beat the Broncos, 55-10.
- Super Bowl games have been very close recently, though. The margin of victory for Seattle was the largest since Dallas also won by 35 in Super Bowl XXVII.

turned a kickoff 87 yards for a touchdown.

Both were part of a 43-8 romp to the first Lombardi Trophy in Seahawks franchise history.

Harvin, who was out most of the season following hip surgery, had 45 yards rushing as well.

Not a single Seahawks player had played in a Super Bowl, but they certainly weren't overwhelmed by the moment. Second-year quarterback Russell Wilson threw for 206 yards on 18-of-25 completions.

The inevitable questions of Peyton Manning's legacy won't stop anytime

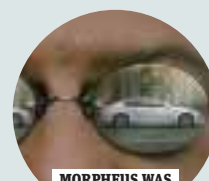
soon after he threw two interceptions — one returned for a touchdown by linebacker Malcolm Smith to make it 22-0 heading into halftime.

Any hope for a comeback was eliminated coming out of the half when Harvin made it 29-0 and Jermaine Kearse caught a 23-yard touchdown with 3:11 left in the third to make it 36-0.

Denver didn't get on the scoreboard until there were three seconds left in the third quarter.



MARK OSBORNE
mark.osborne@metro.us

Top commercials

MORPHEUS WAS SEEING CARS SUNDAY.

KIA MOTORS

This year's commercials were about as underwhelming as the game, but we broke down some of the top moments between the blowout. Here are our Top 4 commercials you'll be talking about in work Monday — because you certainly won't be talking about that snoozer of a football game.

1 Audi, "Doberhuahua"

— Freakish? Cute? Funny? Maybe all three? Seeing the "Doberhuahua," a hybrid between a Doberman and a Chihuahua, was funny. But what was clutch was the cameo by Sarah McLachlan, in a nod to those tear-jerking ASPCA ads. But what does this have to do about selling cars again? Also in the running for top dog was Budweiser's "Puppy Love," which featured an adorable puppy who is almost given away, but gets saved by a Clydesdale.

2 Kia, "Luxury"

— Does Kia say luxury to you? Does "The Matrix"? Well, it does to Laurence Fishburne, who reprised his role as Morpheus in this spot. "This is what luxury feels like," he said before climbing into a back seat of a KIA while singing "Nessun Dorma" as other cars blow up around him.

3 Chevrolet, "Life"

— This cinematic spot hardly featured a car. It was just a woman with very short hair in a passenger seat, looking out the window. She grabs her husband's hand and tears up at the beauty of the world. "This Tuesday Is World Cancer Day," read the text at the end of the one-minute ad. "Join Chevy and the American Cancer Society in celebrating survivors and those who support them on the road to recovery." Sob.

4 Budweiser, "A Hero's Welcome"

— What could be more tear-jerking than cancer? A young soldier coming home to his family from Afghanistan, that's what.

DOROTHY ROBINSON

3

SPORTS

By the numbers

1979

The last time a Seattle franchise won a title was the NBA's Supersonics in 1979.

40

The Seahawks scored 40 on the Broncos when they beat them 40-10 this preseason.

2-5

The Broncos have an all-time Super Bowl record of 2-5.

249

The Broncos have been outscored 123-249 in their seven Super Bowl appearances.

Watch online

Find video and recap of Seattle's big Super Bowl XLVIII victory at: Metro.us/sports.

In pictures

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Strahan heads to Hall, gets apology from Sapp

NFL. The newest Hall of Famer was personally begged for forgiveness from last year's inductee.

Michael Strahan's name has rarely been out of the public eye since his retirement, but now you'll be seeing a new phrase before it: Pro Football Hall of Famer.

The former Giants defensive end was elected to the Hall of Fame on Saturday night in his second year of eligibility.

The 6-foot-5, 275-pound lineman was a perfect combination of size and speed, with pass- and run-stopping ability. He was a seven-time Pro Bowler and four-time First-Team All Pro during his 15-year career.



Michael Strahan will be inducted into Canton in a ceremony on Aug. 2. / GETTY IMAGES

By the numbers

141.5

Strahan had 141 1/2 sacks in his career — fifth on the all-time list. His 22 1/2 in 2001 is a single-season record.

"It's incredible. Football changed my life, period," Strahan said. "And now I'm sure this will definitely change my life as well."

Bucs linebacker Derrick Brooks, Bills wide receiver Andre Reed, Seahawks offensive tackle Walter Jones, Rams defensive back

Sapp-y apology

Bucs Hall of Famer Warren Sapp, who was critical of Strahan's candidacy last week, said he apologized on Sunday.

- "I said, 'Please forgive me,'" Sapp said on the NFL Network pregame. "I said, 'Dumb Lex Luthor came to the city of Gotham and pulled Superman's cape. How foolish could I have been, my man? Please forgive me.'"

Aeneas Williams, Raiders punter Ray Guy and Falcons defensive end Claude Humphrey were the other members elected to the Hall of Fame.



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**Richardson
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The Jets were absent from Super Bowl week for the 44th straight year, but one of their players still picked up a top honor in New York.

Defensive lineman Sheldon Richardson won Defensive Rookie of the Year in a hotly contested race with the Bills' Kiko Alonso, 23 votes to 19.

Richardson had just 3 1/2 sacks this season, but his value did not always appear in box scores. He did have 77 tackles, third among interior linemen.

Linebacker Jonathan Vilma was the last Jets player to take rookie honors, doing so in 2004. **METRO**

NHL. Ryan Callahan trade being explored ahead of Olympics

In just five days the NHL will freeze all movement due to the Olympic break.

And one of the teams burning up phone lines ahead of that break is the Rangers, who are reportedly investigating a move to deal captain Ryan Callahan.

Callahan is an unrestricted free agent at the end of the 2013-14 season. The New York Post reported this weekend that Callahan is looking for a six-year deal in the neighborhood of \$42 million. Both of those numbers are reportedly higher than what general manager Glen Sather would like to give.

Callahan is the Rangers' captain, but not known as an elite offensive player. He has just nine goals and 12 assists this season. He had 31 points (45 games) in the strike-shortened 2012-13 season. He's never scored more than 29 goals in a season. **MARK OSBORNE**



Ryan Callahan
GETTY IMAGES

Money to spend

The Rangers have a surplus of free agents this offseason they need to re-sign.

- Ryan Callahan
- Dan Girardi
- Brian Boyle
- Anton Stralman
- Dominic Moore
- Derrick Brassard (RFA)
- Mats Zuccarello (RFA)
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